# USER MANUAL

MODEL

## 8007 - 8008 - Nutrition System

LOW SPEED MASTICATING JUICER

www.OmegaJuicers.com

2014 JUNE

# *Congratulations!*

CONGRATULATIONS on the purchase of your new Omega.

At Omega, we strive to develop technologically advanced machines that help deliver nutrition and flavor of the highest kind and closest to nature's purest form. We are driven by you, our brand supporters. Your enthusiasm helps us continue to reinvent and renew our line of juicers, high speed blenders and beverage equipment. Our team at Omega thanks you for supporting us for over 50 years!

Join us on Twitter @OmegaAppliances &/or on Facebook @OmegaJuicers

PRODUCT REGISTRATION, VISIT:
**www.omegajuicers.com/omega-warranty-registration**

RECIPES, VISIT: **www.omegajuicers.com/recipes**

CUSTOMER SERVICE: Call **1-800-633-3401** or
visit: **www.omegajuicers.com/contact-omega-juicers**

After using your Omega, we kindly ask you to rate the machine on
**www.OmegaJuicers.com**

# TABLE OF CONTENTS


02 - 03 Safety First, Important Safeguards

04 - 05 Know Your Omega

06 - 07 Quick Start Assembly

08 - 09 Operating Instructions

10 - 11 Multi-Purpose Nutrition System

12 - 13 Sterilization & Easy Cleaning

14 - 17 Precautions for Safe Use

18 - 19 If the Auger Stops Working

20 - 25 How To Prepare
21 Fruits And Vegetables
22 Wheatgrass And Greens
22 Mincing And Chopping
23 Nut Butters
23 Nuts And Soy Milks
23 Deserts
24 Baby Foods
24 Coffee Grinds
25 Pasta and Breadsticks

26 - 27 Troubleshooting

28 - 29 Product Specifications

30 - 41 Recipes

# SAFETY FIRST

# SAFETY FIRST

When using electrical appliances, basic safety precautions should always be followed including the following.

1. READ ALL INSTRUCTIONS BEFORE USING.
2. To protect against electrical shock, do not immerse cord, plug, or main body (motor) in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet before assembling, before taking off parts, before cleaning and when not in use.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the manufacturer (see warranty) for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter or touch heated surfaces.
9. Always make sure juicer locking clip is locked when juicer is in operation.
10. To disconnect, press/switch OFF then remove plug from wall outlet. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodges in opening, use food plunger or another piece of fruit or vegetable to push down the lodged food. When this method is not possible, turn off the machine, remove the plug from wall outlet and disassemble juicer to remove the remaining food.
12. Do not use outdoors.
13. Do not place on or near a hot gas or electric burner or in a heated oven.
14. Do not use appliance for anything other than its intended use.
15. Keep the appliance clean. Refer to the Care & Cleaning instructions in this manual.

**WARNING:** This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug will fit in a polarized outlet only one way. If plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. DO NOT attempt to modify the plug in any way.

## SAVE THESE INSTRUCTIONS

# KNOW YOUR OMEGA

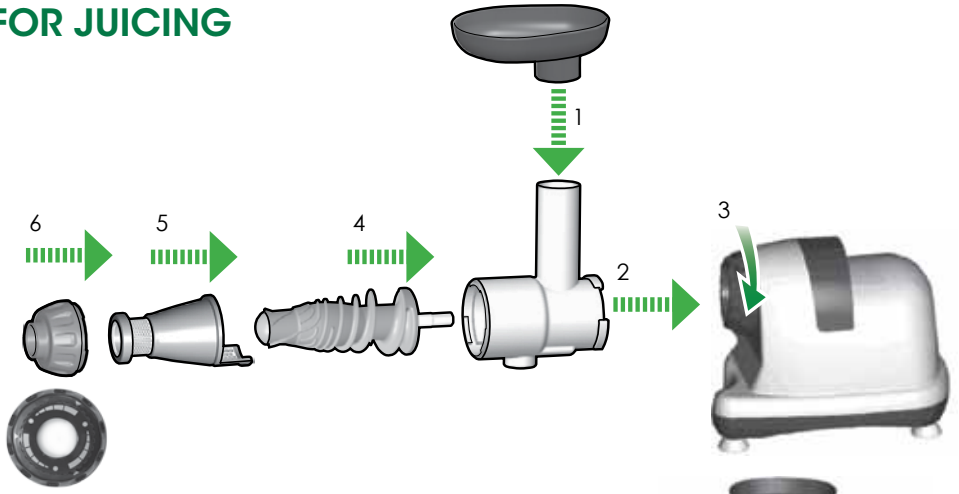
# KNOW YOUR OMEGA

**A** Hopper
**B** Drum
**C** Handle
**D** Locking Clip
**E** Housing
**F** On/Off Button (In rear)
**G** Auger (Inside Drum)
**H** Blank Cone (Inside Drum)
**I** Juicing Screen (Inside Drum)
**J** Adjustable End Cap
**K** Blank End Cap
**L** 4 Pasta Nozzles
**M** 2 Breadstick Nozzles
**N** Sieve
**O** Cleaning Brush
**P** Pulp Container
**Q** Juice Container
**R** Pusher

# QUICK START ASSEMBLY

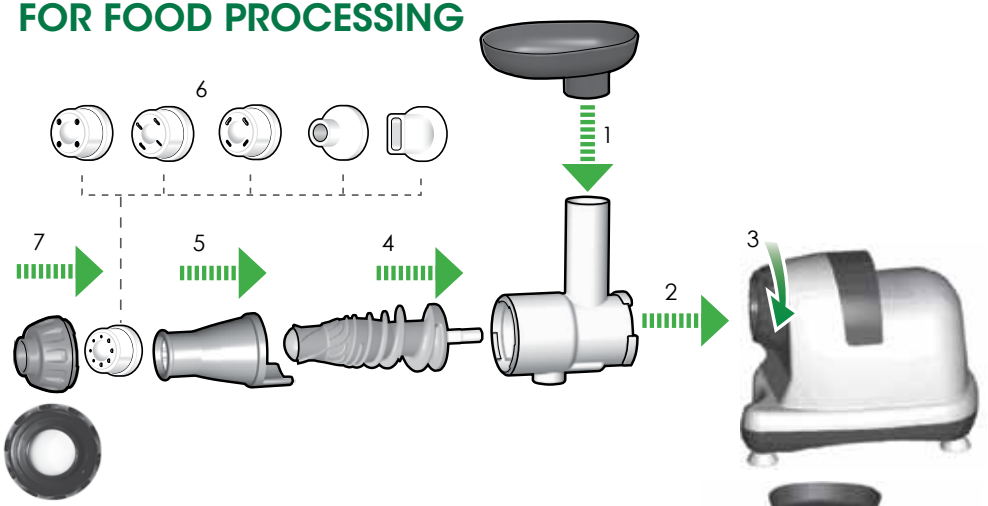
# QUICK START ASSEMBLY

## FOR JUICING



1 Hopper
2 Drum
3 Locking Clip
4 Auger
5 Juice Screen
6 Adjustable End Cap
7 Pulp Container
8 Juice Container

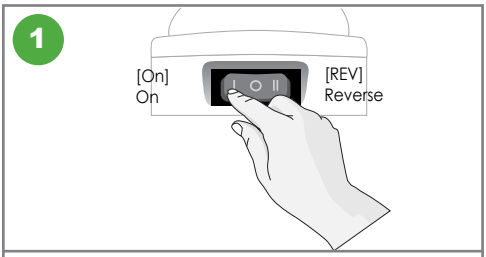
## FOR FOOD PROCESSING



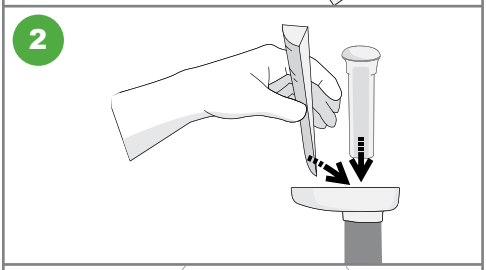
1 Hopper
2 Drum
3 Locking Clip
4 Auger
5 Nozzle Options
6 Blank Cone
7 Blank End Cap
8 Pulp Container

# OPERATING INSTRUCTIONS

## JUICING FUNCTION

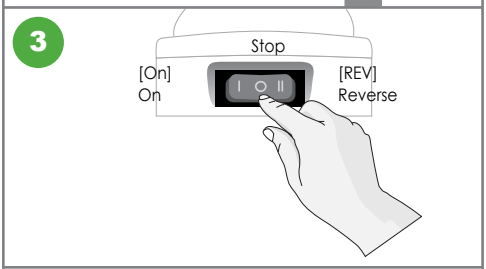



Press [ON] button on the back of the Omega® Nutrition System to start.



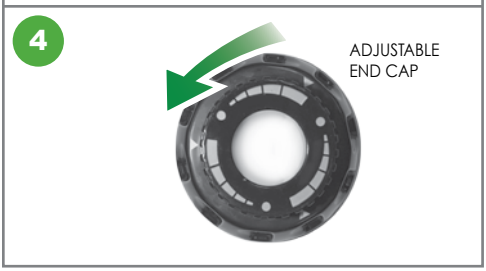

Gradually put the ingredients into the hopper chute and press down with the pusher.

DO NOT place any metal objects into the hopper. If the drum set is clogged or the machine stops operating, press the reverse button 2 or 3 times and press the ON button again to resume normal operation.




After the extraction or processing is complete, place the switch in the stop position to stop.

**WARNING** When using [ON] or [Rev] button, make sure that the auger stops completely.




Turn the adjustable end cap counter-clockwise to tighten the squeeze, increasing the pressure. Turn the adjustable end cap clockwise to loosen the pressure. Use the tighter setting for citrus fruits. Use the loosest setting for wheatgrass. Using the appropriate setting will yield more juice.

## FOOD PROCESSING FUNCTION

Use the blank end cap for all food processing functions from mincing and chopping to pastas and breadsticks (refer to pages 22-25).

# MULTI-PURPOSE NUTRITION SYSTEM

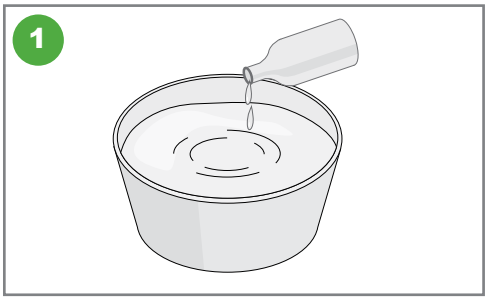
# MULTI-PURPOSE NUTRITION SYSTEM

This heavy-duty nutrition system features a patented, stone mill-like auger, made of hygienic U.S. FDA-approved melamine. The low speed of 80 RPMs ensures full taste and the highest nutritional value.

- FRUIT JUICE. Efficiently juices hard and soft fruits: even citrus fruits.
- VEGETABLE JUICE. Juices all kinds of vegetables including carrots, beets, celery, peppers, and radishes without destroying the natural flavor and nutrition benefits. Fresh taste and full nutrition are guaranteed with this unique extraction process.
- WHEATGRASS AND LEAFY GREENS. Kale, cabbage, spinach and pine tree needles are just some of the natural products that can be juiced. Enjoy the best that nature offers in raw foods and juice them for full nutritional benefits.
- FOOD PROCESSOR. Chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, and most other foods, including herbs and seasonings. Soft foods for special diets for babies are quick and easy to prepare with the homogenizer set-up.
- NUT BUTTERS. Make almond butter, peanut butter, sunflower seed butter and more while using all-natural ingredients.
- NUTS & SOY MILKS. Use almonds, pecans, cashews, hazelnuts, or any other of your favorites to create nutritious milks. You can also make coconut milks.
- DESSERT MAKER. Make all-natural, dairy free, gluten free, low fat, low sugar, low calorie desserts that taste like your favorite ice creams or frozen treats.
- BABY FOODS. Make homemade baby food knowing that you are giving your baby fresh produce that is nutritious and easily digestible.
- GRINDER. Easily grind coffee beans and flour.
- PASTA EXTRUDER. Makes homemade spaghetti, linguini, or breadsticks can be extruded in just minutes with the included pasta nozzles.

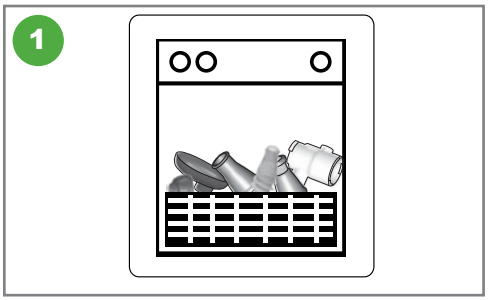
# STERILIZATION & EASY CLEANING

## STERILIZATION




You can thoroughly wash parts by immersing in warm water diluted with one or two drops of baking soda or dishwashing soap for about 30 minutes.

## EASY CLEANING SYSTEM




When finished using the Omega® Nutrition System, simply put parts into dishwasher, on top rack.

# PRECAUTIONS FOR SAFE USE

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All users of this appliance must read and understand these safety precautions before operating.

## SIGN SAMPLES

**This sign indicates contents that may cause risk of a fire or an electrical shock.**
Specific warning is written in the sign.

**This sign indicates contents that may cause risk of a fire or an electrical shock.**
Specific warning is written in the sign.

**This sign indicates prohibited acts.**
Specific prohibitions are written around or in the sign.

**This sign indicates contents of regulating or directing actions.**
Specific prohibitions are written around or in the sign.

## PRECAUTIONS

**WARNING** Hazards or unsafe practices which could result in serious personal injury or death.

**CAUTION** Hazards or unsafe practices which could result in minor personal injury or appliance damage.

**DO NOT PLUG IN OR UNPLUG WITH WET HANDS.**
It may cause an electric shock or an injury.

**DO NOT USE WITH OTHER THAN RATED VOLTAGE.**
It may cause an electric shock, a fire or abnormal performance.
If the voltage is different, it may shorten the life of the motor or cause a failure.

**PLUG THE POWER CORD CORRECTLY AND PUSH IT TIGHT IN A WALL SOCKET.**
It may cause electric shock or a fire.

**IF THE SUPPLY CORD IS DAMAGED, IT MUST BE REPLACED BY THE MANUFACTURER, ITS SERVICE OR SIMILARLY QUALIFIED PERSONS IN ORDER TO AVOID A HAZARD.**
If the power cord is damaged, it may cause electric shock or a fire.

**NEVER ALTER THE APPLIANCE. ALSO, DO NOT DISASSEMBLE OR REPAIR BY YOURSELF. DO NOT INSERT FINGERS, FOREIGN SUBSTANCES OR OBJECTS SUCH AS PINS INTO GAPS OR HOLES IN THE BASE.** It may cause a fire, an electric shock or a failure. For any technical support,contact the authorized local Customer Care Center.

# PRECAUTIONS FOR SAFE USE

**DO NOT MOISTEN THE BASE OR SPLASH WATER ON THE BASE.**
Be careful not to let any liquids or other substances get into the switch on the appliance. DO NOT OPERATE THE SWITCH WITH WET HANDS.
It may cause electric shock or a fire.

**WHEN THE POWER CORD, WIRE IS BROKEN OR DAMAGED OR THE PLUG-IN PART BECOMES LOOSE, DO NOT OPERATE IT.**
It may cause an electric shock, a fire or an injury.

**FOR SAFETY, MUST DO GROUND CONNECTION DO NOT DO THE GROUNDING ON GAS PIPE, PLASTIC WATER PIPE, TELEPHONE WIRE, ETC.**
It could cause an electric shock, a fire, or a malfunction and an explosion. Be sure to use the socket with ground connection.

**NEVER DISASSEMBLE BOWL SET DURING OPERATION OR INSERT FINGERS, FOREIGN OBJECTS SUCH AS FORKS, SPOONS ETC. INTO FEEDING TUBE OR JUICE OUTLET.**
It may cause an injury, an accident or a failure.

**THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY.**
Children should be supervised to ensure that they do not play with the appliance.

**DO NOT OPERATE WITHOUT LOCKING THE HOPPER PROPERLY.**
It may cause an injury or a failure.

**WHEN DETECTING A GAS LEAK, DO NOT INSERT THE POWER CORD INTO ITS SLOT. OPEN THE WINDOW TO VENTILATE FULLY AND IMMEDIATELY.**
It may cause an injury or a failure.

**IF SCREW ROTATION IS STOPPED IN NORMAL OPERATION, PRESS [REVERSE/REV] BUTTON AND HOLD FOR 2-3 SECONDS AND THEN AFTER REVERSE OPERATION IS COMPLETELY STOPPED, PRESS [ON] BUTTON AGAIN.** If such a stop event continues during the operation, the parts may be damaged and performance may be deteriorated due to overheating in a motor. When the problem continues, immediately stop the appliance and contact the local Customer Care Center.

**NEVER PUT A FINGER, A FORK OR A SPOON ETC. INTO JUICE OUTLET.**
It may cause an injury or a failure.

**DURING THE OPERATION, DO NOT ATTEMPT TO MOVE THE BASE, DISASSEMBLE THE BOWL SET OR PARTS AND TRY TO LOCK THEM.**
It may cause an injury or a failure. Any act of event needed, switch off first and unplug the power cord.

**WHEN USING THE APPLIANCE, BE CAREFUL FOR A NECKTIE, LONG NECKLACE, SCARF ETC. NOT TO BE ENTANGLED INTO FEEDING TUBE.**
It may cause an injury, a failure or a breakage.

**PLACE THE APPLIANCE ON A FLAT AND STABLE SURFACE.**
It may cause an injury or a failure.

**DO NOT OPERATE THE APPLIANCE FOR MORE THAN 30 MINUTES AT A TIME.**
It may cause a motor failure due to overheating. Cool it down sufficiently for 5 minutes and operate it again.

**WHEN PLACING INGREDIENTS INTO THE FEEDING TUBE, ONLY USE THE PUSHER PROVIDED.**
It may cause an injury or a failure.

**DO NOT ALLOW A SEVERE SHOCK TO THE APPLIANCE OR DROP IT.**
It may cause an electric shock, a fire or damage

**IF THE APPLIANCE GIVES OFF AN UNPLEASANT SMELL OR EXCESSIVE HEATING, SMOKE, STOP USING IMMEDIATELY AND CONTACT THE LOCAL CUSTOMER CARE CENTER.**
When using a new appliance, it gives off a smell and the smell disappears naturally over time.

**ALWAYS UNPLUG THE APPLIANCE AFTER USE.**
**WHEN UNPLUGGING THE POWER CORD, MAKE SURE TO HOLD THE POWER CORD.**
If holding the wire to unplug, it may cause an electric shock or a fire.

**DO NOT WASH AT HIGH TEMPERATURES OF 176°F (80°C) OR MORE.**
**DO NOT PUT THE APPLIANCE IN A DISHWASHER, A DRYER OR A MICROWAVE ETC.**
It may cause a failure or parts deformation.

**THE APPLIANCE WEIGHS ABOUT 13.2 LB (6 KG). WHEN MOVING THE APPLIANCE, ENSURE TO MOVE IT HOLDING GRIPS TIGHTLY AT THE BASE BOTTOM WITH BOTH HANDS.**
If attempting to hold bowl or the edge of the base, the base falls causing an injury or a failure.

# IF THE AUGER STOPS WORKING

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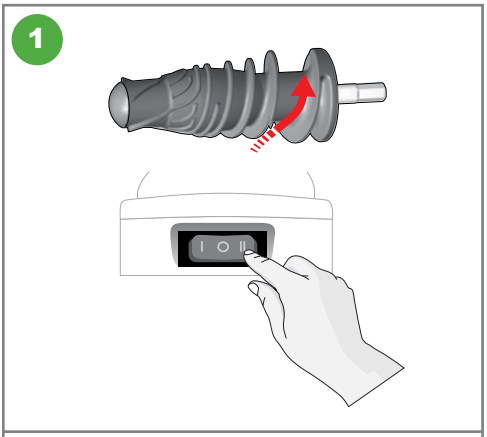
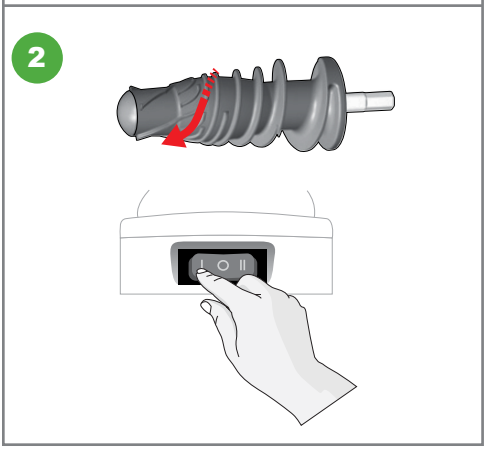



Press [Rev] button for 3 to 5 seconds, then release. When the [Rev] button is released, the auger will stop rotating. Repeat this 2 to 3 times.
The [Rev] button pushes the ingredients upward releasing the food clog.




Press [ON] button to operate properly. When using the [ON] or [Rev} button, make sure the auger stops completely after stopping or releasing the button

**Note:**
Even after following the directions above, if the juicer still doesn't work, please unplug the power cord, disassemble the chamber set and clean it. Then try again.

# HOW TO PREPARE

FRUITS AND VEGETABLES

WHEATGRASS AND GREENS

MINCING AND CHOPPING

NUT BUTTERS

NUTS AND SOY MILKS

DESERTS

BABY FOODS

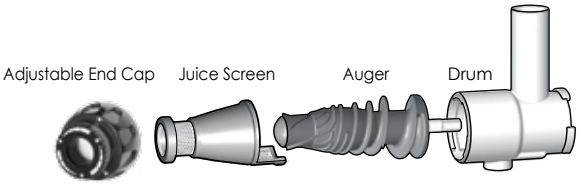
COFFEE GRINDS

PASTA AND BREADSTICKS

## FRUITS AND VEGETABLES

**Juicing Screen | Adjustable End Cap | No Nozzle Needed**

- Sieve: You may want to use this if you have juiced items that create more foam or more pulp than you prefer. Place the sieve on the juice container or bowl after juicing process is complete and before pouring juice into a glass.
- Thoroughly wash fresh ingredients to remove accumulated chemicals. The Omega® Nutrition System can extract juice from un peeled fruits and vegetables but your taste may prefer peeled produce.
- Soft produce will process easier if refrigerated.
- Cut fruits and vegetables into small pieces to fit in the drum.
- Turn [ON] machine and let it run without interruption until all juice has been extracted.
- Alternate soft and firm items. It is best to start with the softer item.
- If the pulp starts to clog the drum, turn [OFF] machine and empty the drum set. Reassemble and resume normal operation.
- After placing the last piece of fruit or vegetable into the funnel, keep the machine running for a few seconds to ensure every last drop of juice is extracted.
- After every use, clean all parts that come into contact with food or juice.
- You may juice items that are not usually used in meals, for example, carrot or beet stems.

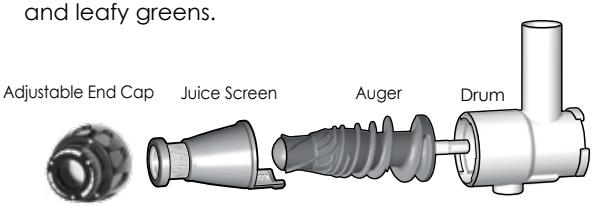


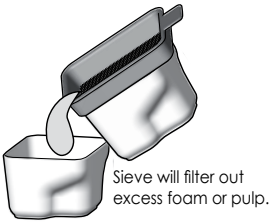
# HOW TO PREPARE

## WHEATGRASS AND GREENS

**Juicing Screen | Adjustable End Cap | No Nozzle Needed**

- Sieve: You may want to use this if you have juiced items that create more foam or more pulp than you prefer. Place the sieve on the juice bowl after juicing process is complete and before pouring juice into a glass. You can also place the sieve on the pulp container and pour the small amount of juice into a glass.
- Thoroughly wash fresh ingredients to remove accumulated chemicals.
- Do not overfill the feed chute. Feed the juicer with small quantities. Allow most of the juice to exit before pushing in the next item.
- Some juice may exit into the pulp bowl and not the juice bowl. This is normal. This may continue to occur until the ejection area is filled with pulp.
- When juicing an item for added taste, insert that item during the first half of the juicing process. If inserted at the end of the process, the full taste may not come through.
- Certain green drinks may be too strong for some people. Lemon, apple, ginger, carrots &/or beets may be added as a natural sweetener to dilute the taste of wheatgrass and leafy greens.

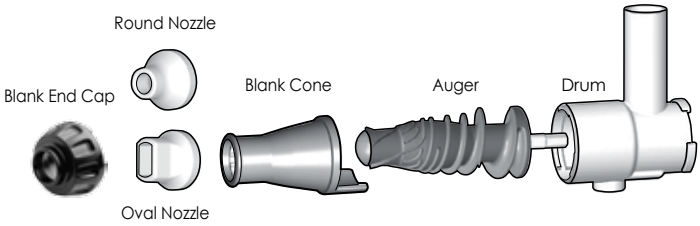



## MINCING AND CHOPPING

**Blank Cone | Blank End Cap | Round/Oval Nozzle**

- Use as a food processor to make marinades, salsas, soups and sauces.
- Chop or grind meat, fish, herbs, soaked rice and beans. Remove any fat from the meat or poultry if not desired in the finished product. Bone and scale fish before processing.



## NUT BUTTERS

**Blank Cone | Blank End Cap | Nozzle is Optional**

- Nut butters are an all-natural version of peanut butter, almond butter, sunflower seed butter, etc.
- Remove all skins and shells from nuts. Turn [ON] machine. Start adding nuts.
- Process nuts through nutrition system at least two to three times until texture is of a smoother consistency.

## NUT & SOY MILKS

**Blank Cone | Blank End Cap | Nozzle is Optional**

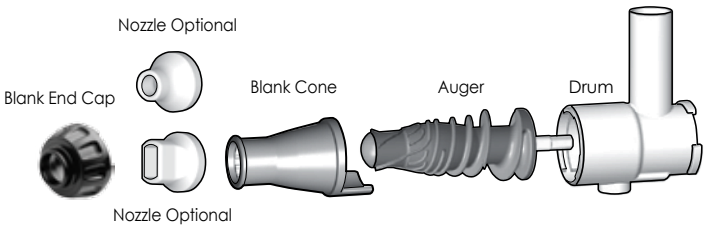
- Nut milks consist of almonds, pecans, cashews, hazelnuts, etc. You can also make coconut milk and soy milk.
- Soak nuts for 4-8 hours in water.
- Turn [ON] machine. Spoon the soaked nuts (and some of the soaking water) down the chute. Pour the pulp down the chute again with more soaking water, for a second grinding, more flavor and a creamier texture. You can either stop after the second process or the third.

## DESSERTS

**Blank Cone | Blank End Cap | Nozzle is Optional**

- Make all-natural sweet, frozen treats without the added fat, sugar and calories.
- Thaw frozen fruit for 5-10 minutes. Turn [ON] machine. Process thawed fruit through nutrition system and serve.
- Popular frozen fruit sorbets include banana, cherries, blackberries, blueberries, raspberries, strawberries, melon, kiwi, mango, pears, pineapple, peaches, grapes, oranges, and more!
- You can also make frozen lemonades and ice creams with all-natural ingredients. Recipes can be found on www.OmegaJuicers.com.

The above recipes are made using the items below.



# HOW TO PREPARE

## BABY FOOD

**Blank Cone | Blank End Cap | No Nozzle Needed**

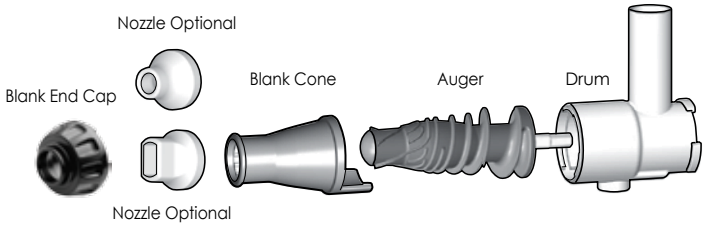
- Making homemade baby food with your Omega can be very rewarding knowing that you are giving your baby fresh produce that is nutritious and easily digestible. This also gives your baby regular chances to experience a wide variety of textures and tastes without artificial preservatives or additives.
- Start by cooking the vegetable or fruit. Either steam, bake, or boil. Steaming maintains the most nutrients.
- For Fruits: apples, pears, peaches, plums, mangoes and strawberries, all puree well.
- For Vegetables: potatoes, carrots, yams, broccoli and squash, all puree well.
- Turn [ON] machine. Spoon the cooked vegetable/fruit down the chute with some of the cooked liquid. Adding the liquid helps preserve any nutrients that may have released into the water during cooking.

## COFFEE GRINDER

**Blank Cone | Blank End Cap | No Nozzle Needed**

- Turn [ON] machine. Place coffee beans into the chute at a slow steady pace. The beans will come out finely ground. Do not add too many beans at a time. There should be no need to grind the beans twice.
- If the coffee bean has a high oil content, you may want to dry the bean out overnight in order to process it easier.

The above recipes are made using the items below.



# PASTA OR BREADSTICKS

**Blank Cone | Blank End Cap | Round, Flat or Breadsticks Nozzle**

- This machine is made to extrude pasta; not make pasta. Make dough by hand or use a mixer.
- Sprinkle a small amount of flour on the pasta, on the nutrition system hopper and inside the drum to prevent sticking.
- Add water to the dough if it becomes too dry.
- To extrude pasta:
  Decide which style of noodle you prefer and place the appropriate nozzle on the drum.

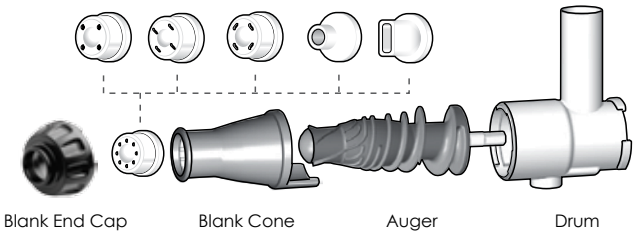
  Shape the pasta dough into balls or tubes that are slightly smaller than the nutrition system drum opening.

  Turn [ON] machine. Process dough through nutrition system. A consistent feeding of dough without any gaps will give you longer noodles as pasta exits. Pasta may be cut with scissor or a knife to desired length.

  Freshly made pasta should be put in boiling water. Fresh pasta will cook faster than packaged pasta.

  If you want to make the pasta more flavorful, add spinach, basil or sundried tomatoes. Leftover vegetable juice or pulp may also be mixed into dough for added flavor.

Your choice of nozzle will determine the size and shape of the pasta.



# TROUBLESHOOTING

# TROUBLESHOOTING

Please troubleshoot using the details below before contacting Omega Customer Service for repair or service. When contacting Omega for after-sales service, please have the manufacturer's serial number or bar code available.

**The Appliance Does Not Work**
- Make sure the power cord is plugged in correctly.
- Make sure the hopper is assembled correctly. If the hopper is not locked into place, the appliance will not operate.
- Make sure the appliance is assembled according to the instructions in this manual. Refer to the instructions.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

**The Hopper Does Not Open**
- If there is a lot of pulp inside the chamber, press [On] to release the excess pulp.
- Check the appliance for any foreign substance or solid objects including seeds.
- Press [Rev] button to push up stuck ingredients.
- Do not attempt to open by force. If the hopper still does not open, please contact Omega Customer Service for additional support.

**The Appliance Stops During Normal Operation**
- Check for large pieces of food stuck in the appliance.
- Refer to the section "If the Auger Stops Working" and follow the guideline for the [Rev] button.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

**Fine Lines or Scratch Marks around the Auger**
- This is normal. Do not be concerned. These are molding marks resulting from the normal manufacturing process.

**Juice Leaks Over the Base**
- Check for an excessive amount of ingredients in the hopper chute.
- If you try to juice a large amount of food compared to the pulp outlet, the packing will be slightly pushed away. Juice may leak out of the gap.
- Do not force too much food into the juicer. Push food gradually for extraction.
- Check to make sure the juice flap is closed.

**Juicer Shakes when In-Use**
- This is normal as the auger rotates. It is not a malfunction. Hard ingredients such as carrots, potato, radish, beets, etc. may cause shaking more so than soft ingredients.
- Depending on the firmness of the ingredient, there may be a more pronounced shaking of the motor.
- Slight shaking may be caused by the motor.

**CONTACT US:**
**Customer Service:** 1-800-633-3401
**Online:** www.OmegaJuicers.com/contact-omega-juicers

# PRODUCT SPECIFICATIONS

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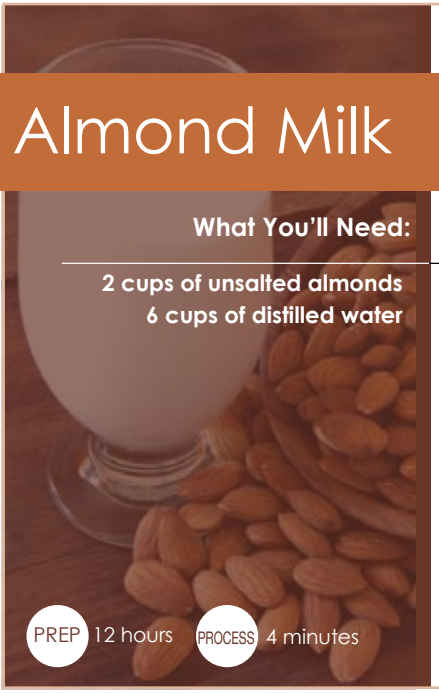
| | |
|---|---|
| **Product Name** | Omega® Nutrition System |
| **Model Name** | 8007/8008 |
| **Rated Voltage** | 120 V |
| **Rated Frequency** | 50 Hz |
| **Rated Power Consumption** | 150 W |
| **RPM** | 80 RPM |
| **Cord Length** | 64 inches (1.6 mm) |
| **Motor** | 2 HP |
| **Weight** | 20 lb (9 kg) |
| **Outward Dimension** | 6.5" Width (165 mm) |
| | 14.5" Depth (368 mm) |
| | 15.5" Height (394 mm) |
| **Rated Operating Time** | Less than 30 minutes |
| **Also Available J8227 and J8228** | 220-240 V / 50-60 Hz |

# RECIPES

# Almond Milk



**What You'll Need:**

2 cups of unsalted almonds
6 cups of distilled water

PREP 12 hours PROCESS 4 minutes

**How To Prepare:**

1. Soak almonds overnight in 3 cups of water. Drain.
2. Place almonds in 3 cups of fresh water.
3. Using the juicing screen in the Omega® Nutrition System, ladle almonds and water into juicer.

   If you prefer the milk thinner add more water.
4. You can sweeten milk by adding 1 tsp of honey, agave nectar, cane sugar or maple syrup. You can make vanilla almond milk by adding 1 tsp of vanilla extract or make chocolate almond milk by adding 1 tbsp of unsweetened cocoa powder.

# Soy Milk

**What You'll Need:**

1 cup dried organic soy beans
6 cups of water
dash of salt
½ tsp vanilla extract
1 tsp agave or other sweetener
1 tsp cinnamon

PREP 10 minutes PROCESS 35 minutes

**How To Prepare:**

1. Soak soy beans overnight in 3 cups of water. Drain.
2. Place soy beans in 3 cups of fresh water. Using the juicing screen in the Omega® Nutrition System. Ladle soy beans and water into juicer. If you prefer the milk thinner add more water.
3. Transfer the milk to a pot on the stove. Bring the milk to a boil. Then reduce to low and let simmer for 25 minutes. Skim off and discard any foam or filmy layers that occur.
4. Remove from heat and flavor with salt, vanilla extract, agave and cinnamon. Mix and Enjoy.

# Peanut Butter

**What You'll Need:**

2 cups shelled and skinned roasted peanuts
1 tbsp grapeseed oil
2 tsp coconut nectar
1 tsp real salt

PREP 5 minutes PROCESS 10 minutes

**How To Prepare:**

1. With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
2. Start pouring nuts into the chute. Run them through about 2-3 times until oils start to appear.
3. Transfer to a bowl and combine all ingredients by hand, with a spoon.
4. Pour the mixture into the Omega® Nutrition System one more time.

# Cookie Dough Nut Butter

**What You'll Need:**

2 cups dry cashews
6 tablespoons coconut nectar
1 tbsp coconut oil
2 tsp vanilla powder
½ tsp real salt

PREP 5 minutes PROCESS 8 minutes

**How To Prepare:**

1. With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
2. Start pouring nuts into the chute. Run them through about 2-3 times until oils start to appear.
3. Transfer to a bowl and combine all ingredients by hand, with a spoon. Pour the mixture into the Nutrition System one more time.

# Homemade Pasta

**What You'll Need:**

1 cup flour
1 egg, beaten
2 tbsp water
½ tsp salt

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. In a large bowl, combine flour and salt.
2. Make a well in the middle of the flour/salt mixture, then add egg. If dough is too stiff, then add water.
3. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred pasta nozzle.
4. Put dough through chute and cut noodles to preferred length.

# Eggless Pasta

**What You'll Need:**

2 cups semolina flour
½ tsp salt
½ cup warm water

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. In a large bowl combine flour and salt, then add water (add more if too dry)
2. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred pasta nozzle.
3. Put dough through chute and cut noodles to preferred length.

# Breadsticks

**What You'll Need:**

- 2 ¼ pkg active dry yeast
- 1 ½ cup warm water
- ½ cup warm milk
- 2 tbsp sugar
- 3 tbsp butter, divided and melted
- ½ tsp kosher salt
- ½ tsp minced garlic
- ¾ tsp dried italian seasoning
- 4 ½ - 5 ½ cups flour
- ¼ cup parmesan cheese, grated

PREP 15 minutes PROCESS 5 minutes

**How To Prepare:**

1. In a large bowl, combine yeast with water and let stand until it bubbles (7-10 minutes).
2. Add milk, sugar, butter, kosher salt, and 2 cups of flour. Beat until smooth. Add parmesan cheese and remaining flour until it forms into a soft dough.
3. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred bread stick nozzle. Put dough through chute, running the dough about 7-8 times.
4. Divide dough into equal portions.

# Salsa in a Glass

**What You'll Need:**

- 2 tomatoes
- ¼ onion
- ½ lime
- 1 jalapeno pepper
- 5 sprigs of fresh cilantro

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. Wash all produce well.
2. Peel lime (optional).
3. Add all ingredients into your Omega® Nutrition System and juice.
4. Serve and enjoy.

# Baby Food - Applesauce

**What You'll Need:**

**3 medium red apples**

PREP 15 minutes PROCESS 6 minutes

**How To Prepare:**

1. Steam 3 medium red, skinned and seeded apples.
2. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
3. Process through the Omega® Nutrition System.

Add a sprinkle of cinnamon.

Yields 1 cup.

# Baby Food - Sweet Potato

**What You'll Need:**

**2 sweet potatoes**

PREP 30 minutes PROCESS 5 minutes

**How To Prepare:**

1. Steam potatoes 20 to 25 minutes.
2. Process through the Omega® Nutrition System.
3. 1 large potato yields about 1 cup.

# Baby Food - Carrots

**What You'll Need:**

3 large carrots

PREP 30 minutes PROCESS 5 minutes

**How To Prepare:**

1. Steam carrots.
2. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
3. Process through the Omega® Nutrition System.

   Three large carrots yields about 1 cup.

# Baby Food - Peas

**What You'll Need:**

peas

PREP 3 minutes PROCESS 6 minutes

**How To Prepare:**

1. Depod peas when preparing. No need to steam, unless you prefer.
2. With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
3. Then process through the Omega® Nutrition System. Better for children 1 to 2 years old (younger children have trouble digesting them).

# Clean Boost

**What You'll Need:**

½ a beetroot
5 spinach leaves
¼ cabbage
1 broccoli stick
½ a grapefruit
½ a lemon
1 orange
1 kiwi fruit
2 small pieces of ginger

PREP 2 minutes JUICE 4 minutes

**How To Prepare:**

1. Cut product to fit into hopper.
2. Juice in an Omega® Nutrition System.
3. Pour over ice.
4. Enjoy!

# Australian Dream

**What You'll Need:**

2 beets (australian beetroot)
2 organic carrots
1 cup organic strawberries
2 cups kale leaves (6-8 leaves) (australia tuscan cabbage)

PREP 3 minutes JUICE 6 minutes

**How To Prepare:**

1. Wash all produce well.
2. Cut as needed to fit into juicer.
3. Juice in an Omega® Nutrition System.
4. Pour over ice and enjoy.

# Morning Glory Citrus

**What You'll Need:**

**2 grapefruits (peeled)**
**1 red bell pepper**
**2 pears**
**6 carrots**

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. Wash all produce well.
2. Juice all produce in an Omega® Nutrition System and enjoy!

***Serving Size: 16 - 18 oz.***

Bursting with Vitamin C and beta-carotene, as well as Vitamins A & K and even copper.

# Apple & Kiwi Juice

**What You'll Need:**

**2 apples**
**3 kiwis**

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. Wash the apples, then remove the core and cut into quarters.
2. Peel the kiwis and chop into small pieces.
3. Juice ingredients in your Omega® Nutrition System.
4. Stir before drinking.

# Total Health Booster

**What You'll Need:**

**1 medium apple, cored and cubed**
**2 medium soft pears, cored and cubed**
**½ cup fresh cherries**
**(pits removed or frozen and thawed)**

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. In your Omega® Nutrition System, juice apple, pears, and cherries.
2. Before serving, garnish with fresh cherries, if desired.

# Cukelear Power

**What You'll Need:**

**1 cucumber**
**2 collard green leaves**
**1 handful of cauliflower florets**
**½ lemon (yellow rind removed)**

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. Wash all produce.
2. Add all ingredients into your Omega® Nutrition System and juice.
3. Pour into your glass and enjoy!

# Tropical Morning

**What You'll Need:**

1 cup diced peaches
1 cup diced and peeled mango
1 freshly squeezed orange
½ cup coconut water
1 teaspoon agave nectar

PREP 5 minutes JUICE 5 minutes

**How To Prepare:**

1. In your Omega® Nutrition System, juice all your ingredients until smooth, and pour through a strainer if desired.
2. Serve chilled and garnish with a peach slice.

# Island Dreaming' Sorbet

**What You'll Need:**

½ cup frozen pineapple chunks
½ cup frozen banana
1 cup frozen strawberries
½ cup frozen mango chunks
2 tbsp coconut flakes

PREP 5 minutes PROCESS 5 minutes

**How To Prepare:**

1. Mix all ingredients in a bowl. Thaw slightly before running through Omega® Nutrition System.
2. Change the juicing cone for the blank cone and assemble your preferred nozzle.
3. Start pouring and pushing the ingredients into the chute. Serve.

# Frozen Lemonade Sorbet

**What You'll Need:**

6 tbsp lemon juice
3 tbsp raw honey
1 cup water

PREP 6 hours PROCESS 5 minutes

**How To Prepare:**

1. Heat lemon juice and honey for 10-20 seconds in microwave. Stir. Add in the water and stir.
2. Freeze the mixture in ice cube trays or ice pop mold.
3. With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
4. Thaw lemon cubes slightly before pushing thru the chute of Omega® Nutrition System. Serve.

# Orange Dreamsicle Sorbet

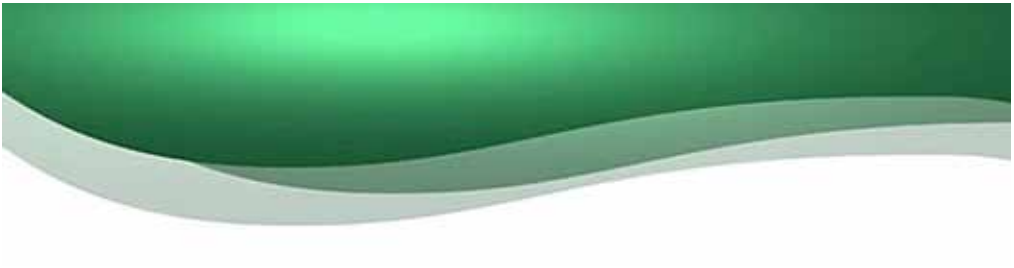
**What You'll Need:**

4 frozen oranges/ mandarins peeled
1 cup vanilla yogurt

PREP 5 minutes PROCESS 5 minutes

**How To Prepare:**

1. Freeze yogurt and peeled orange segments.
2. Thaw slightly before running through Omega® Nutrition System.
3. Change the juicing cone for the blank cone and assemble your preferred nozzle.
4. Start pouring and pushing the ingredients into the chute, alternating the yogurt and the orange segments. Serve.



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